



The Fleet & Family Support Center

December
2001



A MID-SOUTH CALENDAR FOR EDUCATION AND TRAINING

PERSONAL SAFETY FOR THE HOLIDAYS

Listed below are some ideas that will help to keep you and your family safe this holiday season.

- ⇒ If you live alone or your spouse is deployed, don't advertise it. This is not a message you want to send to others except for trusted friends and neighbors.
- ⇒ Regardless of where you are, stay alert and aware of your surroundings. Appear calm and confident in your mannerisms.
- ⇒ Trust your instincts. If you feel uneasy about someone or a particular situation, remove yourself.
- ⇒ Have your car keys or house keys ready prior to opening the door.
- ⇒ Park in well lit lots. If you have to work late or are shopping at night, consider having a security guard walk you to your car.
- ⇒ When shopping, keep your money secured in a bill-fold and your purse closed. Do not display large amounts of money or other valuables.
- ⇒ If you think someone is following you, change direction and head toward well lit and well populated surroundings.
- ⇒ When returning home, be observant to any changes to the exterior. If anything looks unusual or suspicious, do not enter.
- ⇒ If you are going out in the evening, leave a few lights on inside.

The holiday season brings a large bag of mixed emotions. The bag is overflowing with happiness, joy, sadness, grief, and unfulfilled expectations. The holidays have special meaning for each one of us, but the most common emotion that we all experience is stress. Stress expresses itself in irritability, insomnia, fatigue, appetite disturbance and tears. The best gift we can give to ourselves and our loved ones during this holiday season is a loving healthy person. Therefore, lower your stress in a creative manner by exercise, healthy eating, quiet relaxation time to renew your spirit and your body and to remind yourselves of your blessings and the meaning of the season.

VOLUNTEER OPPORTUNITIES

The Volunteer Program helps to provide opportunities within FFSC or the community for individuals to grow and develop through volunteer work, and to provide volunteer support to augment FFSC programs in the military community. Are you looking for ways to volunteer during the holidays? Each year, the Agricenter in Memphis is transformed into a winter wonderland. This magic happens, not through the work of elves, but with the efforts of many volunteers. Opening on Tuesday, Dec 4, and continuing for six (6) days, this event attracts over 130,000 people from across the Mid-South. Volunteers are needed before, during and after the event. Contact FFSC for shift schedule or for more volunteer opportunities.

FOR PARENTS & CAREGIVERS

Active Parenting Today

Thursdays beginning 24 January and continuing 31 Jan, 7, 14, 21 and 28 February from 1500-1700.

If you have children ages 2-12, give yourself six afternoons to become a "pro" at this most important job. Topics include The Active Parent, Instilling Courage and Self-esteem, Understanding Your Child, Developing Responsibility, Winning Cooperation, and Active Parenting in a Democratic Society. Active Parenting Today recognizes that today's issues are today's families, and although families may differ, the problems are the same. Come and learn how to talk to your child and be a better parent.

Spouse Employment Assistance Program (SEAP)

The SEAP manager liaisons with local employers to help spouses pursue employment opportunities at their current duty station. They also work with other SEAP managers to assist spouses seeking employment at their future duty stations. They provide training and guidance for those deciding which career fields to enter or those desiring a career change.

Introduction to the Internet

December 17 from 2:00 p.m. to 4:30 p.m.

This workshop will introduce you to the Internet language, use the Internet Explorer 5.5 browser, and teach you how to surf the World Wide Web (www) through search engines.

Job Search Via the Internet



December 20 from 3:00 to 4:30 p.m.

The Internet is a valuable tool for job searching. Learn to use search engines to locate job announcements, company information, monster boards, and career advice. We cover techniques for completing online applications and résumé. This is the wave of the future-catch it!

Transition Assistance Program (TAP)

Executive: December 3-7 from 8:30 a.m. - 4:00 p.m.

Open to all: January 7-11 from 8:30 a.m. - 4:00 p.m.

The Transition Assistance Program (TAP) provides information and assistance to all separating or retiring members regarding pre-separation counseling, employment assistance, relocation assistance, and veterans' benefits. Military members and their spouses are encouraged to attend a TAP seminar at least 180 days prior to their scheduled separation or retirement date.

Relocation Assistance Program (RAP)

RAP offers information to those new to an area or about future duty stations. The Website at www.dmdc.osd.mil/sites provides information about military installations worldwide. "Welcome aboard" information, trip planners, and relocation counseling is also available.

Fleet and Family Support Center

Naval Support Activity Mid-South

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Millington, Tennessee 38054-5045

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DSN: 882-5075/5375

Fax: (901) 874-5556

Looking for something interesting and informational to do for lunch? Attend one of our BROWN BAG TRAINING SESSIONS

Secrets to Job Fair Success

December 10 from 11:30-12:30

Instead of pounding the pavement, you go to one place where several employers are ready and willing to talk to you. Find out why job fairs are becoming the ideal way for employers to find people like you and you'll discover how you can benefit from using the job fair to find your next job.

Why Should I Hire You?

December 11 from 11:30-12:30

Answer this interview question as well as many others. Learn what employers look for in the people they hire. Be prepared to tell the employer what you can do for them at your next interview.

Stress Management

December 11 from 11:30-12:30

Feeling a little stressed these days? Who Doesn't. Learn coping skills and relaxation techniques that will help make life a little easier

How To Talk To Your Child About Terrorism

December 11 from 11:30-12:30

Why do I feel bad? Why do they want to hurt us? Has your child asked these questions? This session will cover ways to help your child understand that bad things happen and the impact on you and your child.

The Resume Zone

December 13 from 11:30-12:30

Travel the zone of incomplete resumes containing ambiguous goals, unstated objectives, and ill-expressed qualifications. Presented in a humorous format.

TSP for the Uniformed Service Member

December 14 from 11:30-12:30

The Thrift Savings Plan is now available to the uniformed services (including reservists). This session will provide information on how to enroll, tax benefits, how much you can contribute and other benefits of opening a TSP account.

FLEET AND FAMILY SUPPORT CENTER classes and workshops are free; however, registration is necessary. Call 874-5075/5375 to register.

HAVE A SAFE AND HAPPY HOLIDAY SEASON!